

The background of the slide is a blurred photograph of a crowd at a sports event. People are wearing various colored clothing, including red, white, and blue. The focus is on the text in the foreground, which is overlaid on a semi-transparent white rectangle.

Sports Participation and Alcohol-Related Behaviors among a National, Multi-wave Sample of Adolescents

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Author Disclosures

- The following personal financial relationships with commercial interests relevant to this presentation existed within the past 12 months:
 - No relationships to disclose



Adolescent Alcohol Use

- Adolescent alcohol use is a major public health problem
- Alcohol use is associated with the leading causes of injury and death among adolescents
- Early drinking increases the risk for alcohol-related problems
- Heavy or “binge” drinking is also associated with many other health risk behaviors and alcohol-related problems



Alcohol & Sports

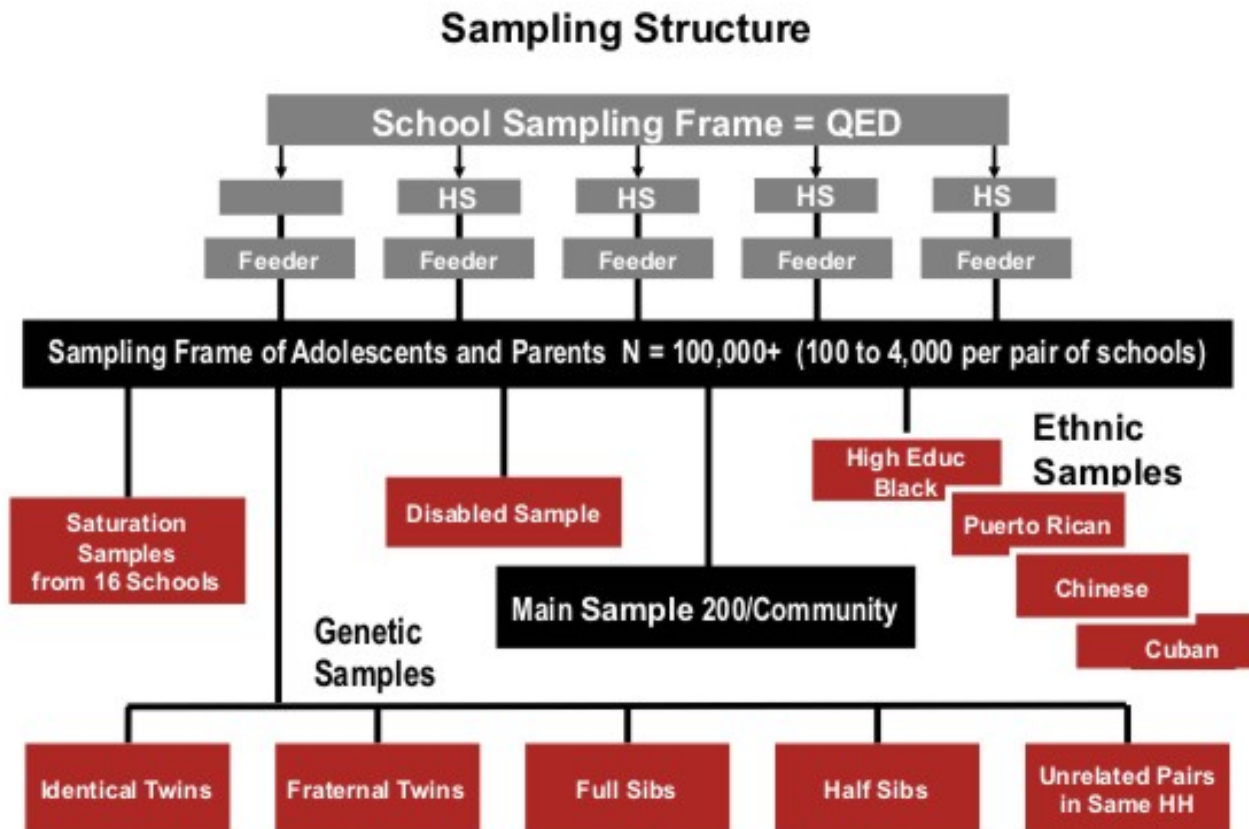
- Sports represent important contexts of development
- Research suggests that sports participation is associated with adolescent alcohol use
- Many factors may influence this relationship:
 - Sports-specific factors
 - Differences between males & females
- Research on sports participation and alcohol use is hindered by several limitations
 - In particular, there have been few longitudinal investigations of this relationship



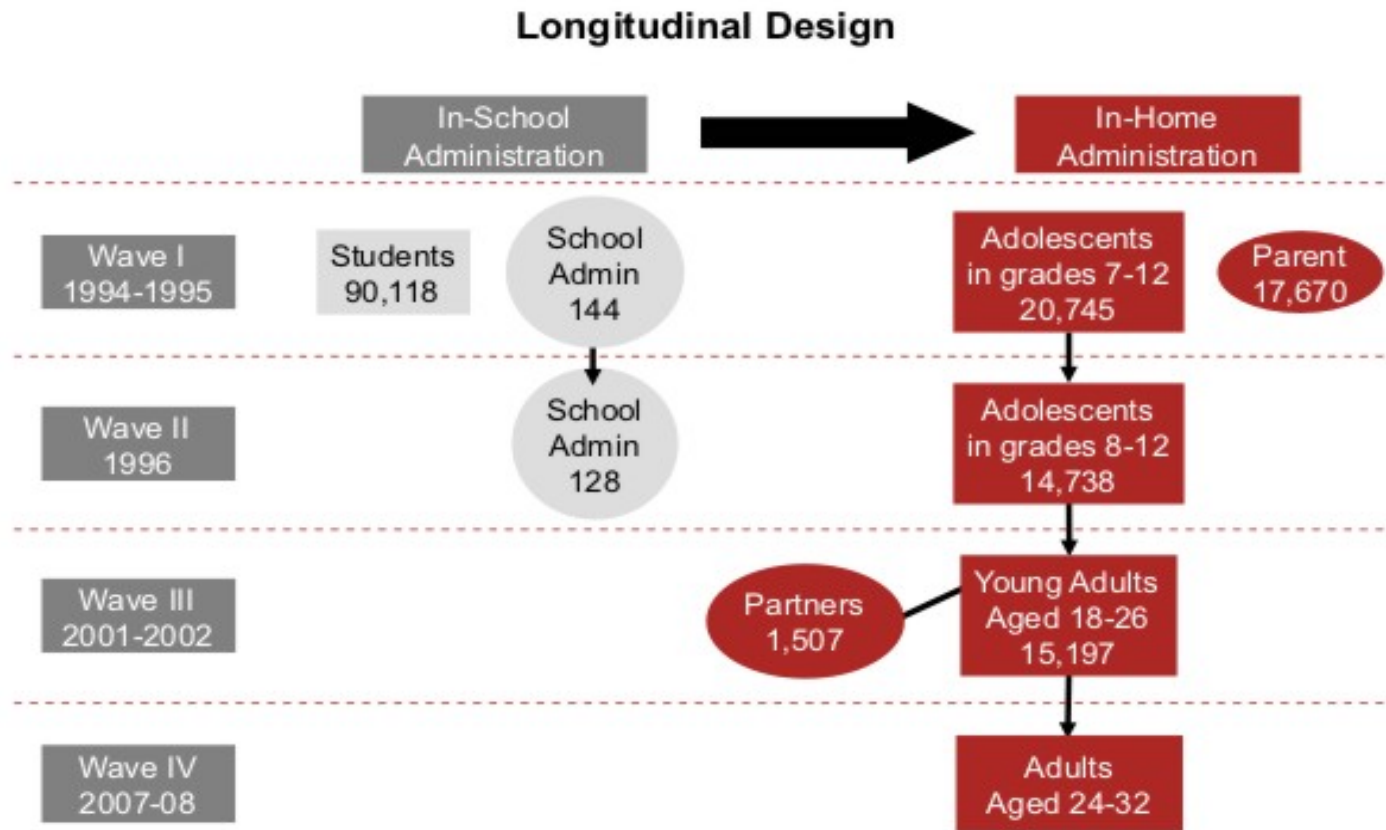
Specific Aims

- Examine the longitudinal relationship between participation in school-based sports and other extracurricular activities and problem alcohol use (PAU) by analyzing data from a national, multi-wave study of adolescents
- Assess differences between males and females in this relationship

Methods



Methods



Measures

- Index assessing participation in school-based sports and other activities at in-school assessment
- Measures of PAU at waves 1, 2, & 3
 - Drinking past 12 months, getting drunk past 12 months, binge drinking past 12 months, consequences of alcohol use
- Other predictors of alcohol-related behaviors:
 - Peer (“friends”) drinking (1 item, range 0-3)
 - Parental monitoring (7 items, $\alpha = 0.94$)
 - Parental alcoholism (parent-reported, 1 dichotomous item)

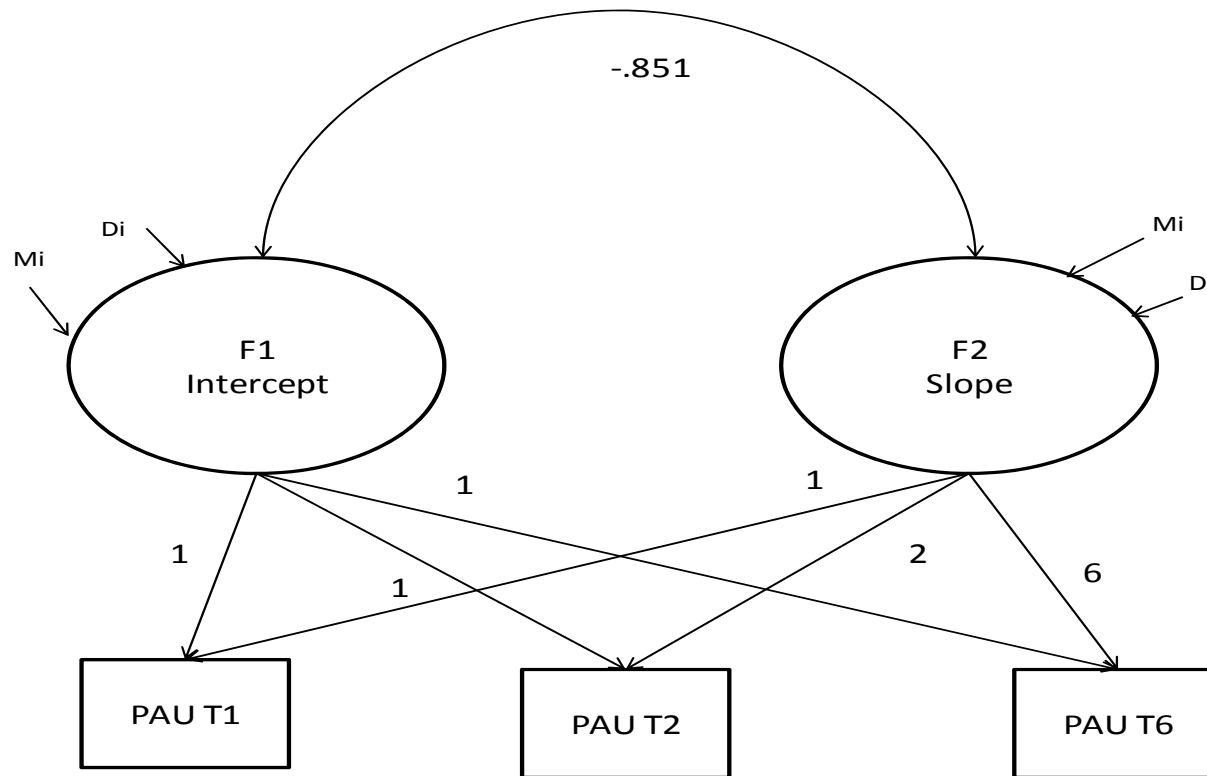
Variables

- PAU:
 - Wave 1, 12 items, KR-20 = 0.87
 - Wave 2, 13 items, KR-20 = 0.88
 - Wave 3, 12 items, KR-20 = 0.86
- Sports involvement (number of sports)
- Dichotomous variables for academic and music activities
- Interactions between sports and academic and music activities based on standardized sports variable
- Covariates: peer drinking, parental monitoring, parental alcoholism, age, ethnicity, sex (where appropriate)

Sample

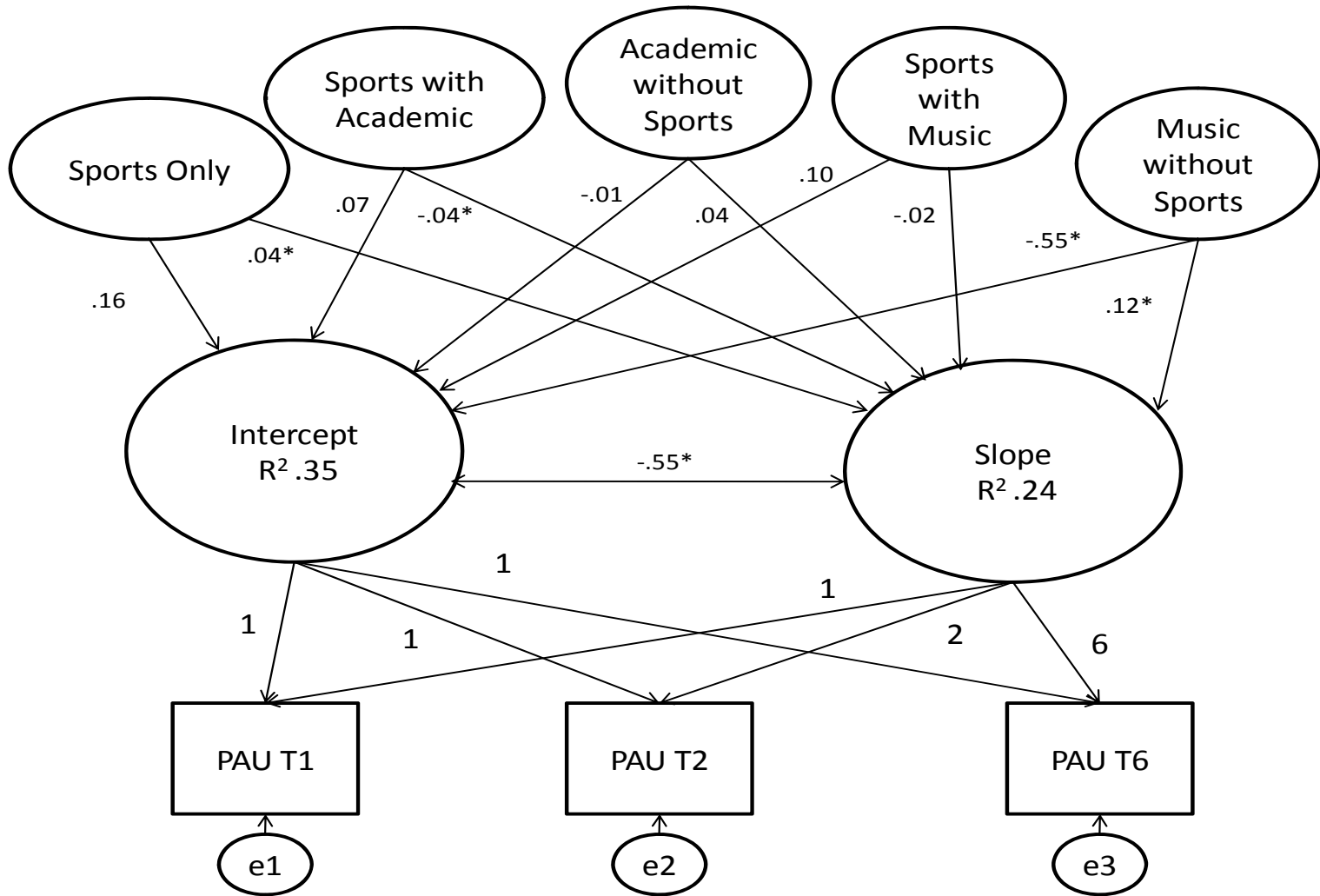
Characteristic (<i>n</i> = 8,271)	Mean (SD)/ %
Female	54%
Wave 1 Age	14.7 (1.57)
Non-Hispanic White	56%
Number of sports	1.20 (1.47)*
Music Activities	24%
Academic Activities	34%
Parental Monitoring	5.49 (4.41)
Friends' Drinking	1.10 (1.39)
Parental alcoholism (parent-reported)	15.9%

Unconditional LGM



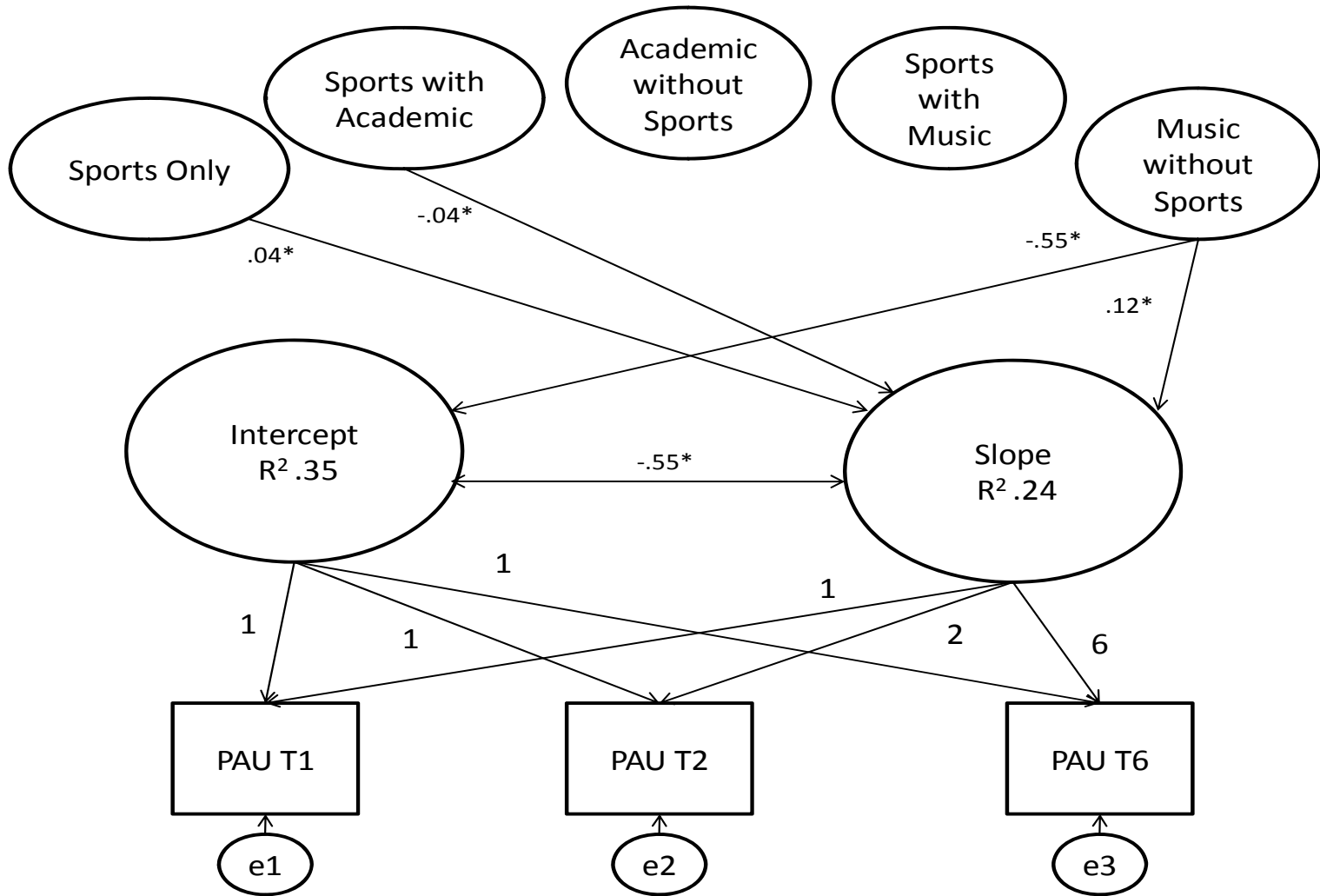
Significant variation in the intercept and slope factors to be explained by adding predictors

N=8,271 X² [1] 10.3. p <.001, CFI 1.00 , RMSEA = 0.03



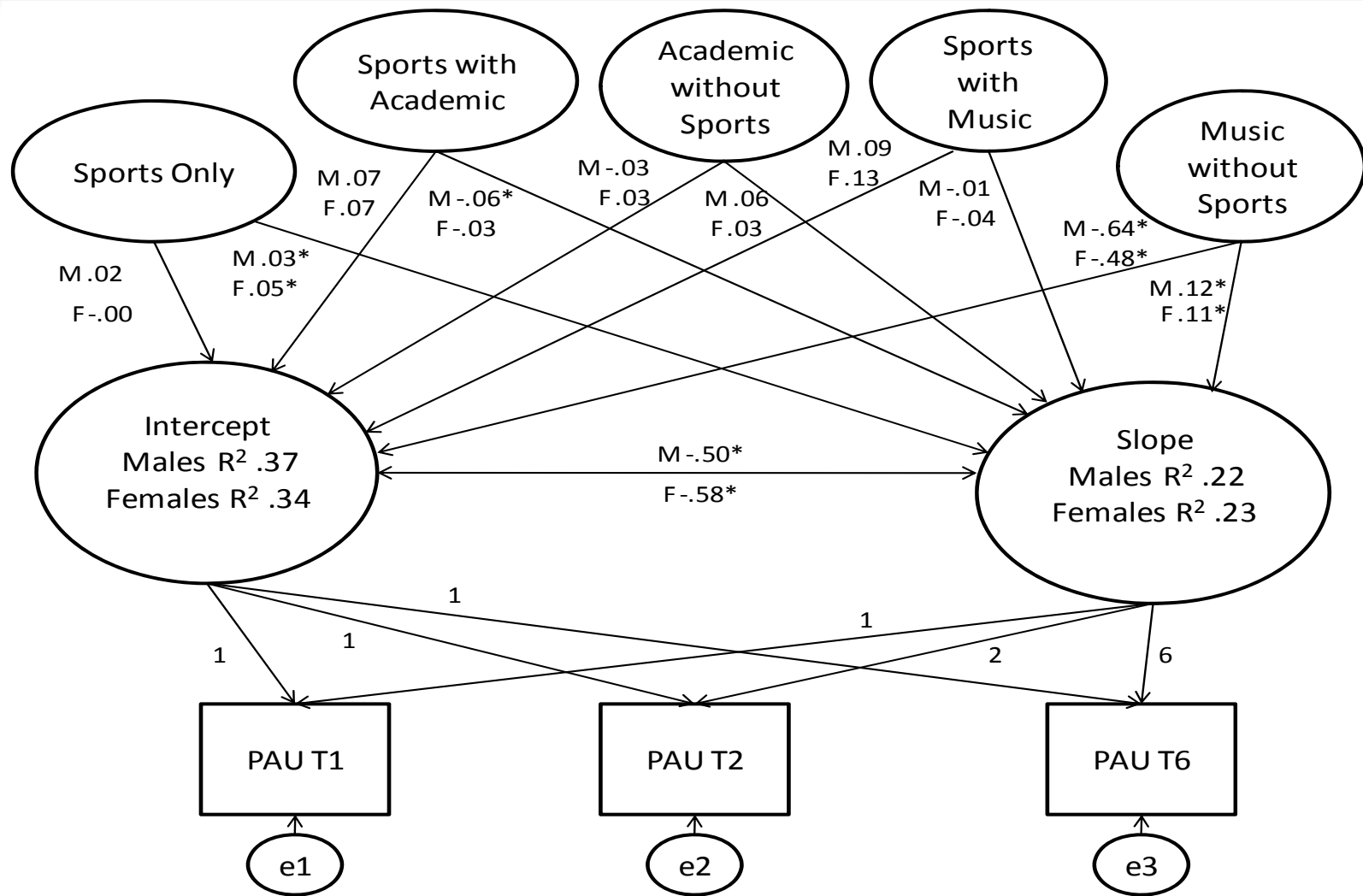
Time invariant covariates: Sex, White race, age, parental alcoholism, friends' drinking, parental monitoring

$N=8,271$ $\chi^2 [12] 30.9, p .002, CFI 1.00, RMSEA = 0.01$



Time invariant covariates: Sex, White race, age, parental alcoholism, friends' drinking, parental monitoring

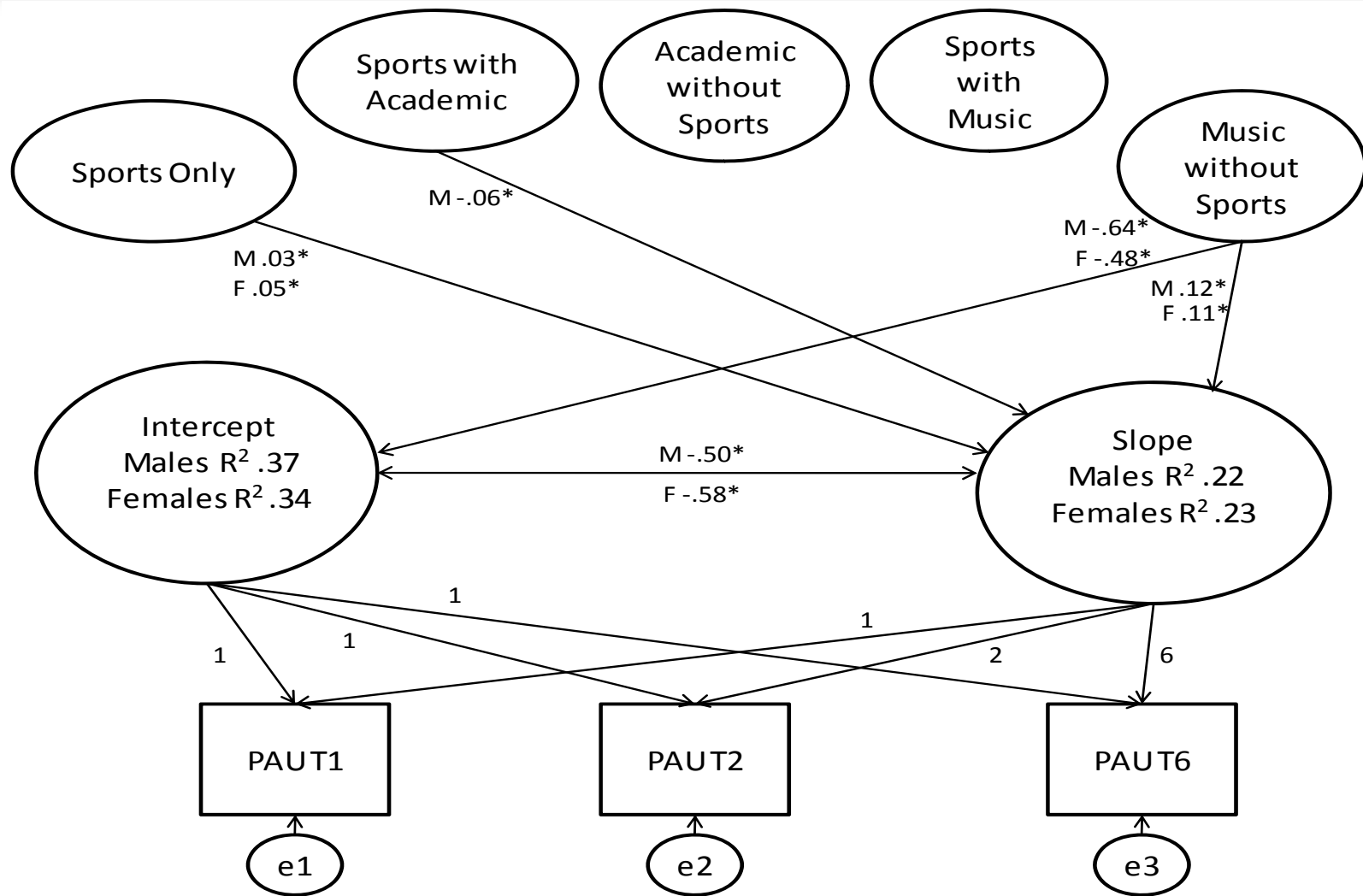
$N=8,271$ $X^2 [12] 30.9$, $p .002$, CFI 1.00, RMSEA = 0.01



Time invariant covariates: White race, age, parental alcoholism, friends' drinking, parental monitoring

Males: $n = 3,814$ $X^2 [11] 36.5, p < .001, CFI .99, RMSEA = 0.03$

Females: $n = 4,457$ $X^2 [11] 16.9, p = .11, CFI 1.00, RMSEA = 0.01$



Time invariant covariates: White race, age, parental alcoholism, friends' drinking, parental monitoring

Males: $n = 3,814$ $X^2 [11] 36.5$, $p < .001$, CFI .99, RMSEA = 0.03

Females: $n = 4,457$ $X^2 [11] 16.9$, $p = .11$, CFI 1.00, RMSEA = 0.01



Discussion

- Patterns of PAU over time were consistent with prior research
- Findings highlight the importance of taking into account sports and non-sports activities and differences between males and females
- Sports and other activities may represent important contexts for selective interventions
- Future research is needed to explore optimal targets for interventions



Limitations

- Study assessments based on self-report, potentially subject to biases
- Only adolescents in school were included in the sample
- Sample was limited to those who responded to all waves of data collection
- Limited shape of growth curves that could be tested



Conclusions

- Participation in sports and other activities is associated with alcohol-related behaviors longitudinally
- Sports and other school-based activities may represent important contexts for interventions for alcohol use and other risky behaviors